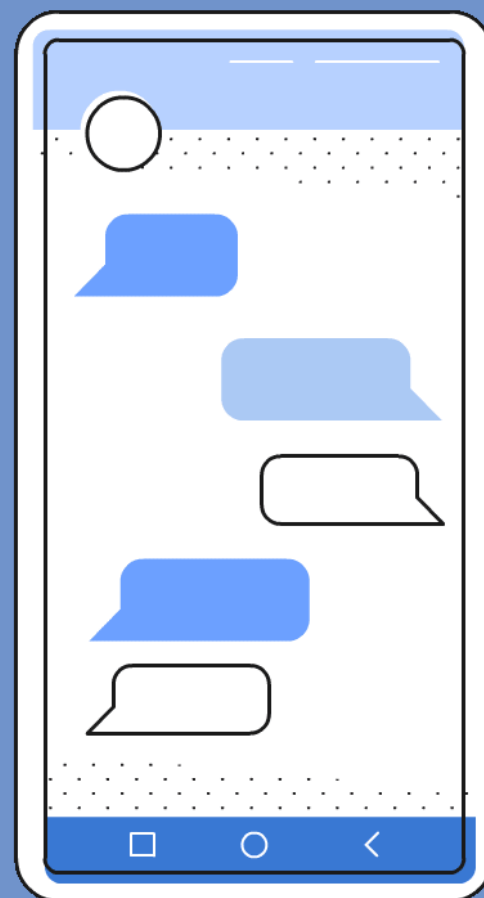


**Monthly
wellness check
with donors:**



**We need to chat with
you every 4 weeks
while you're
donating!**



We'll ask about your:

➔ **milk supply / pumping
routine**



We'll ask about your:

➔ **changes in medications
+ supplements**



We'll ask about your:



**new risks of exposure
to communicable
diseases**



**If anything's changed,
we want to know
about it!**

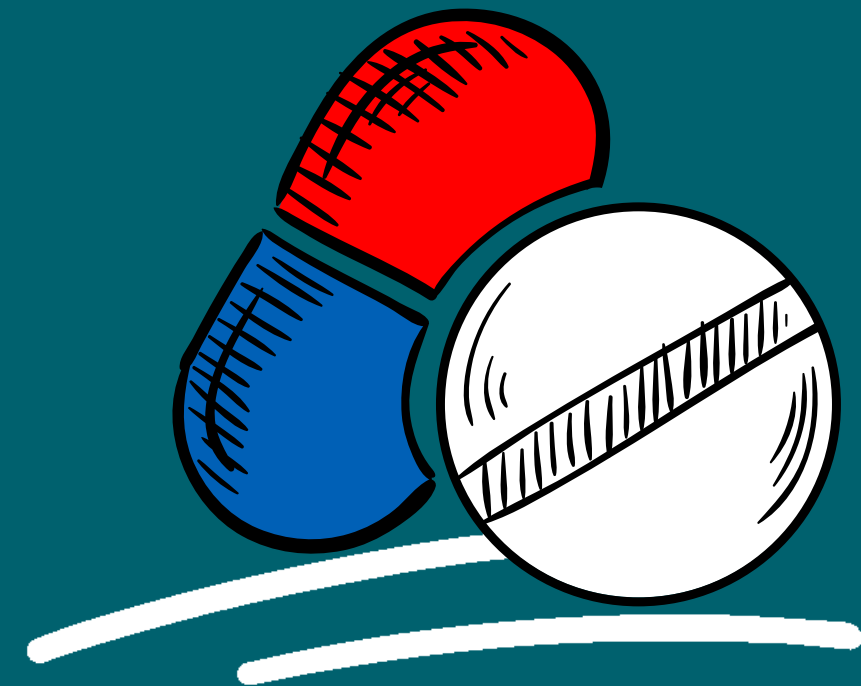
Always tell us when:

**You or anyone in your household
has a fever over 100 degrees °F
and lasts more than 24 hours**



Always tell us when:

You get sick and need over-the-counter or prescription meds



Always tell us when:

**You get a vaccine (with
exception of flu or
TDAP)**



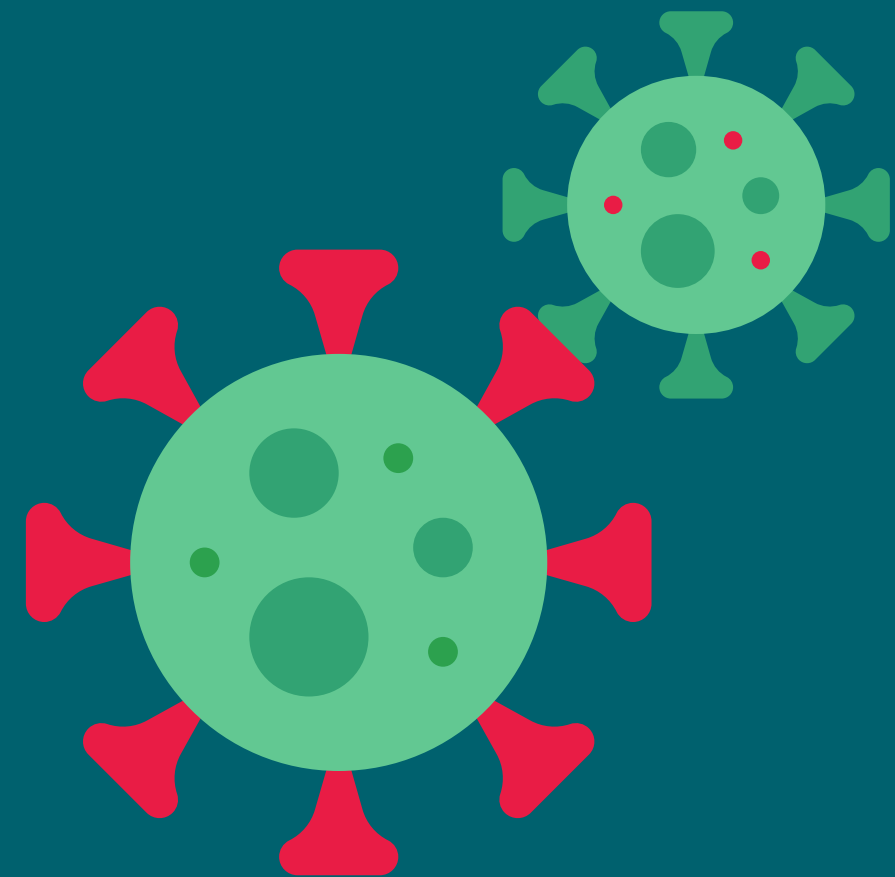
Always tell us when:

**Anyone in your household
gets the smallpox
vaccine**



Always tell us when:

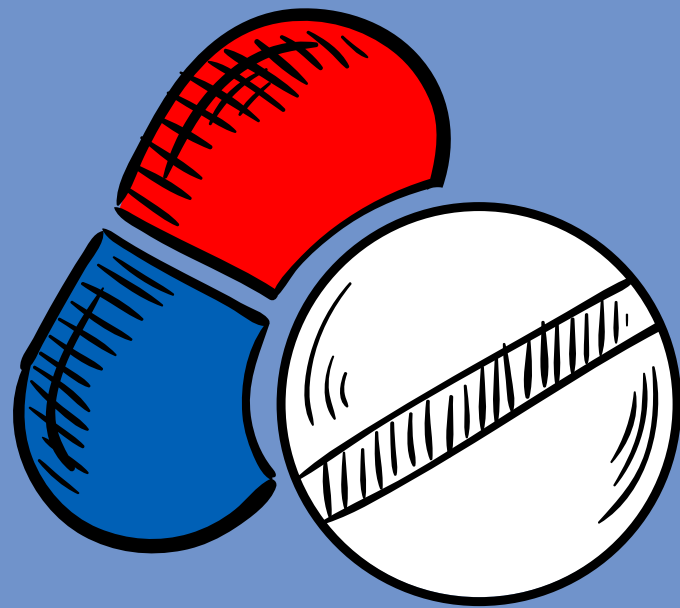
**You're diagnosed with or
exposed to COVID-19**



Medication restrictions for donors:



If you need medication, change your vitamins or supplements, get a vaccine, or get sick, call or email us and ask whether you should still donate your milk.



We may tell you not to donate milk during a “deferral period” that could last anywhere from one day to a much longer time frame.

During this deferral period, continue pumping to keep up your supply, but don't donate that milk to us.

**NEVER NOT
PUMPING**
.....

Examples of medications **NOT** to take while donating:

- ✗ **Anti-anxiety medications**
- ✗ **Anti-depressants**
- ✗ **Baby aspirin or regular aspirin**

Examples of medications **NOT** to take while donating:

- ✗ **Anti-seizure medications**
- ✗ **Most homeopathic remedies**
- ✗ **Fenugreek pills + powders**
- ✗ **Certain birth control (like high dose estrogen pills)**

Alcohol restrictions for donors:



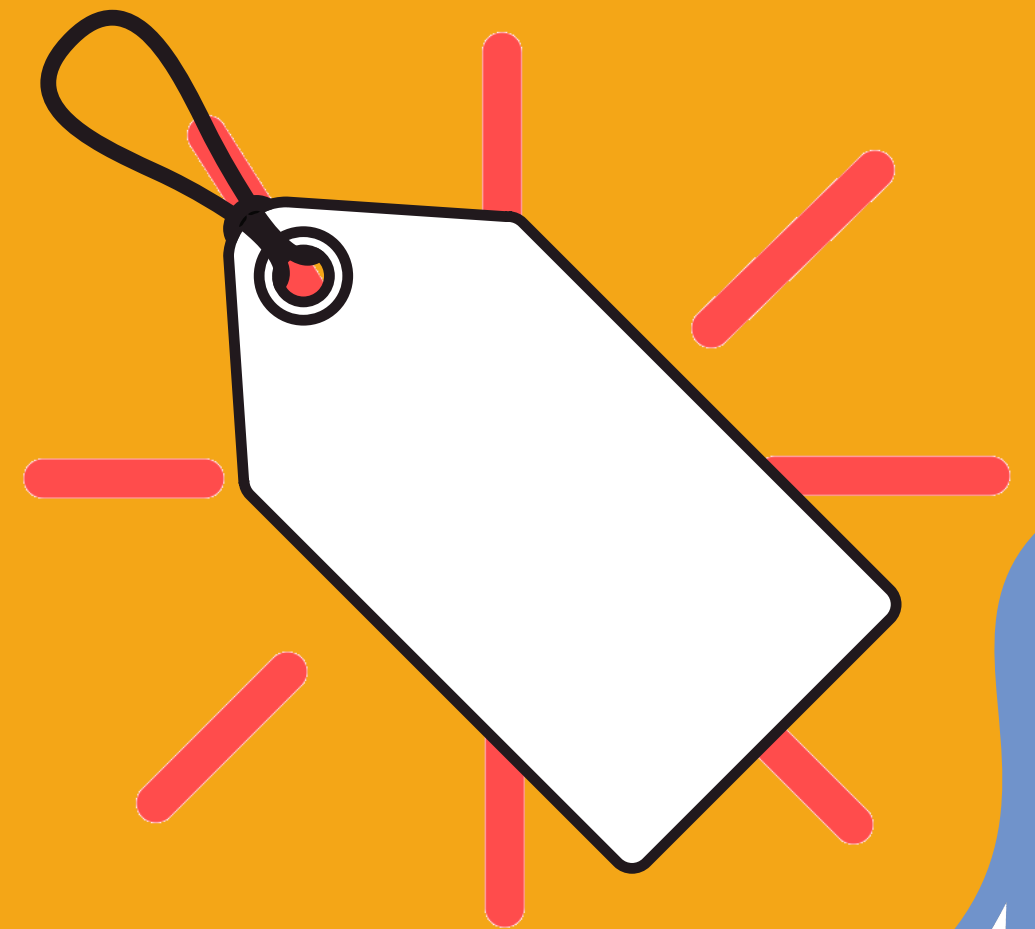
**Wait 6 hours before
pumping after each serving
of alcohol (12 hours after 2
servings, etc.)**



**If you do pump in
the first 6 hours,
don't donate that
milk.**



Mark the container with a red **X or something else that will visually remind you to keep that milk at home when you're preparing a donation.**



**Retiring
from
donation:**



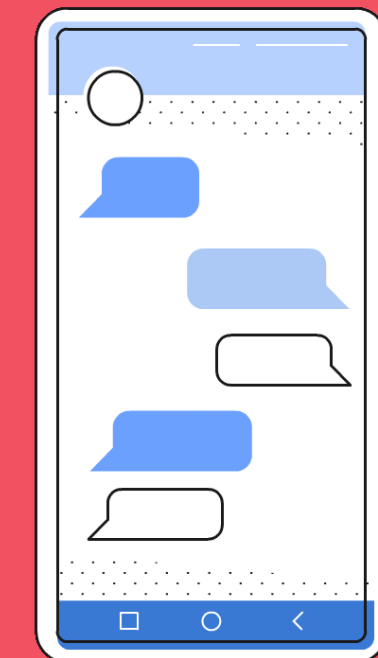


We'd love for you to donate as often as you can for your first year postpartum!

1 ounce = 3 meals for a preemie

If you don't respond to our wellness check every month, we're required to retire you from donation and won't be allowed to use any milk that you donate in future.

This requirement comes from our governing body, Human Milk Bank Association of North America (HMBANA), which created Standards for the non-profit milk banking industry and audits our compliance.



**So please be on the
lookout for our messages,
and reply to each wellness
check request to remain
an active donor.**

Thanks!



**We'll check in one final
time at 12 months
postpartum, to help you
make your final donation.**



Once you retire, you become a milk bank ambassador! We'll send you a thank you gift in the mail with the total amount of milk you shared with fragile babies.



Thank
you!

